

Inadequate Diet**Definition/
cut-off value**

Inadequate diet will be based on the 24 hour dietary recall. Scoring will be based on the food guide pyramid and the instructions for scoring developed by the Texas WIC program. Three deficiencies will constitute an inadequate diet for all women and children. Infants will not have diet scores.

**Participant
category and
priority level**

Category	Priority
Pregnant Women	IV
Breastfeeding Women	IV
Non-Breastfeeding Women	VI
Children	V

Justification

Dietary patterns that are low in basic food groups may provide lower than recommended nutrients. The fewer the number of servings from a food group, the greater the chance that nutrient intake will not cover nutrient needs of the individual. Diets which are inadequate are associated with long term risk of chronic diseases.

Through nutritional education, WIC can help the participant achieve an adequate and balanced diet to optimize health during critical periods of growth as well as for the long term. The WIC food package provides concentrated sources of a number of nutrients thought to be inadequate in the diets of low-income women and children.

**Clarifications/
Guidelines**

Before assigning this risk code, be sure diet has been accurately assessed and documented on the diet/health history form.

References

Institute of Medicine: WIC Nutrition Risk Criteria: A Scientific Assessment; 1996; pp 272-279.